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1st Intl. Alpencup Trampoline Gymnastics

Salzburg (Austria), 27th October 2012

Dear Friends of Trampoline Gymnastics,
The Austrian Gymnastics Federation is pleased to invite you to the 1st International Alpencup Trampoline Gymnastics 2012 from 26th till 28th October 2012 in Wals-Siezenheim (Salzburg)!

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| Event homepage: | www.oeft.at |
| Venue: | Walserfeldhalle, Schulstraße 17, A-5071 Wals-Siezenheim, Salzburg |
| Provisional Schedule: | |
| Friday, 26th October 2012: | 19:00 – 22:00 free Training |
| Saturday, 27th October 2012: | 08:00 – 10:00 Warm-Up 10:00 Start of Competition 20:00 Banquet |
| Sunday, 28th October, 2012: | departure |
| Height of Hall: | 10 meters |
| Entry fee: | € 20,- per person and start |
| Accommodation: | Accommodation has to be booked by the delegation http://www.wals-siezenheim.com/unterkunft.asp For a limited number accommodation in the hall can be organised. |
| Lunch: | Lunch on 27 th Oct. can be booked for € 10,- each. (additionally a buffet will be provided) |
| Banquet: | The banquet will take place on Saturday at 20:00. The price per person is € 20,- |
| Judge: | Each delegation has to send a judge with a valid FIG-License! |
| Entry: | Provisional 06th August 2012 Definitive & Nominative 15th September 2012 |
| Payment: | Raiffeisenbank NOe+W: Account no. 843425 , BLZ 32000, IBAN: AT313200000000843425, BIC: RLNWATWW Raiffeisenlandbank Niederösterreich-Wien AG; F.W.-Raiffeisen- Platz 1, 1020 Vienna |
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Austrian Gymnastics Federation

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Annex: Competition and Difficulties

Competition number:

- Competition 1: Elite f (18+) FIG A
- Competition 2: Elite m (18+) FIG A
- Competition 3: Junior f 15-17 years FIG B
- Competition 4: Junior m 15-17 years FIG B
- Competition 5: Youth 1A f: 12-14 years FIG B
- Competition 6: Youth 1A m: 12-14 Years FIG B
- Competition 7: Youth 1B f : 12-14 Years L10
- Competition 8: Youth 1B m : 12-14 Years L10
- Competition 9: Youth 2: up to 11 Years L8
- Competition 10: Youth 2: up to 11 Years L8

Difficulties:

- FIG A:
 - 1. 10 different jumps with min. $\frac{3}{4}$ somersault
 - 2 Jumps must be marked. The Difficulty Value of these 2 jumps results in the Competition note of FIG A. These 2 jumps get no Difficulty points in the first freestyle.
- FIG B:
 - 1. 10 different jumps
 - 2. Min. 9 jumps with min. $\frac{3}{4}$ somersault rotation
 - 3. 1 Double somersault fw. or bw. with or without twist
 - 4. 1 jump with min. 1 $\frac{1}{2}$ twist
 - 5. 1 jump into landing on back or breast
 - 6. 1 jump from breast or back in combination with Point 5
- L10:
 - 1. 10 different jumps
 - 2. Min 9 jumps with min. $\frac{3}{4}$ somersault rotation
 - 3. $\frac{3}{4}$ somersault back free
 - 4. somersault back a
 - 5. Cody free
 - 6. Babyfliffis b
 - 7. 1/1 twisted somersault back
 - 8. Min. diff. value: 4.9
- L8:
 - requires the following:
 - 1. 10 different jumps
 - 2. Mind. 7 jumps with mind. $\frac{3}{4}$ somersault rotation
 - 3. Barani a
 - 4. $\frac{3}{4}$ somersault front a
 - 5. $\frac{3}{4}$ somersault back. free
 - 6. somersault back a
 - 7. Cody free or Babyfliffis free
 - 8. Min. diff. value: 3.6